Less Stress, More Ease
Using Awareness and Boundaries to Transform Your Work-life

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What We Will Explore

• Boundaries vs. Limits – The Difference
• Boundary Basics: SC + A = B
• Self Care and Awareness Overview
• Why Boundaries at Work Are Difficult
  • Challenges/Opportunities
• Deciphering Our Daily Demands
  • How Demands are Interwoven
• Support Tools (Self Care & Awareness)
• Practice & Play at Home
Boundaries vs. Limits

**BOUNDARY**
- Definition: Line that Marks the Limit of an Area
- They provide clarity about and define our limits
- What’s OK and What’s Not OK

**LIMIT**
- Definition: The Point or Level Beyond which something does not or may not pass
- Not good or bad: they simply exist
- Understanding our limits, helps us set and protect our boundaries
Brené Brown Video

- “Nothing is Sustainable without Boundaries.”
- “What’s OK and What’s Not OK.”
- “The most compassionate people I have interviewed over the years, were absolutely the most boundaried.”
- “BIG”: What **Boundaries** need to be in place for me to stay in my **Integrity** and make the most **Generous** assumptions about you?”
Awareness Builder
Group Exercise

1) Identify and example of a boundary and a limit
   1) At Home
   2) At Work

2) Review the examples above and discuss the following:
   1) Were there any signs/warnings that you were approaching a limit?
   2) Did you know you were reaching it in advance, or did it hit you without prior awareness?
Boundary Setting
Two Distinct Approaches

Limit + Aftermath/Reflection = Boundary
Self Care + Awareness = Boundary
Why Boundaries at Work are Difficult

Work is Different
- Dealing With Root Survival Issues
- Present and Future Financial Security
- Reputation/Professional Goals etc.

Caution & Care
- Listening to Inner Wisdom
- Understanding the Variables
- Importance of Context

Challenges & Opportunities
- At Work & At Home
- Usually Boundary Opportunities in Both Spaces
- Easier to work on Home opps first

Self Care & Awareness
- Solutions often arise out of this reflective space
- Commitment to these are vital for this process
We Start by Making Space...

- Make Space
- Connect
- Healthy Boundaries
- More Energy
- Less Stress
- See Reality
- Effective Choices
Prioritizing Self-Care

Making Space for Self Care

Hydration

Community Connection (Family/Friends)

Nourishing Food

Dance

Simplified Schedules

Meditation

Music

Mindfulness

Sleep/Rest

Cultivating Creativity

Time in Nature

Exercise
Why Practice Self Care?

It’s Healthy for us and those around us. Modeling Self-Care is Powerful.

Helps us identify our Limits and articulate our need for a Boundary.

Helps us to Connect with the Moment, See Reality and make Effective Decisions.
Awareness Builder
Daily Check-In Tool

✓ Ongoing Assessments
✓ Consistent Over Time
✓ Reality Based
✓ Action Oriented

How do I feel...
Physically?
Emotionally?
Mentally?
How can I support...
Boundary Basics
Deciphering Our Work-Life Demands

**Obligations**
- An act or course of action to which a person is morally or legally bound; A duty

**Commitments**
- The state or quality of being dedicated to a cause, activity, etc.; a pledge or undertaking
- An engagement or obligation that restricts

**Expectations**
- A strong belief that something will happen or be the case in the future
  - Based on: Historic/Past Actions
Boundary Basics
Deciphering Our Work-Life Demands

Our Daily Demands are Interwoven
Awareness Builder
Personal Exploration

• What obligations/responsibilities do you have?
  • Financial, Family/Friends, Personal, Health

• What commitments have you agreed to?
  • Do any have self-initiated timelines that cause added stress?
  • How many “fill you” vs. “drain you”?
  • Which ones add to your well-being?

• What expectations do people have of you?
  • Often based on patterns (yours or others/internal vs external)
  • Are you aware of a pattern for yourself?
    • Overschedule and exhaust yourself? If so, where and when?
    • Do you overschedule commitments and under deliver with obligations?
    • Do you have difficulty saying no?
Self-Care Tools for the Office

Simplify

- “Under” Scheduling
- Create Space (meetings/reflection)
- Single Tasking
- Focused Prioritization

Nourish

- Movement Minutes
- Walking into Office
- Savor Your Sips
- Connect with Positivity
Thank you